



Physical Activity Coalition of Manitoba

“Our mission is to support increased physical activity among Manitobans through collaboration, promotion, and education.”

PACM Goals

- Achieve a positive change in physical activity among Manitoba's population by pooling commitment, leadership and resources of different communities, organizations and governments.
- Ensure that physical activity opportunities are accessible for people of all ages and abilities (children/youth, adults, elderly); include all groups (aboriginal, ethnic, disabled); and provide opportunities in a variety of settings (population-based approach).

PACM was formed in October 2003 as a result of recommendations from the Manitoba Physical Activity Action Plan. The Manitoba Physical Activity Action Plan is a background document that guides the actions of the coalition.

A Snapshot of Manitoba's Health

- 59% of Manitobans are not active enough to achieve health benefits
- Fewer than 10% of children and youth meet the recommended amount of physical activity

Benefits of Physical Activity:

- Increased energy
- Improved self esteem
- Weight management
- Stronger bones and muscles
- Improved sleep
- Increased balance and coordination
- Reduced stress
- Lengthened independent living
- Decreased risk of heart disease, stroke, diabetes, osteoporosis and some cancers.

PACM...

- Represents a broad, multi-disciplinary membership.
- Members have a direct impact on over 300,000 Manitobans.
- Has developed a listserv for member organizations to share information.
- Has formed task groups to move forward on key initiatives in the areas of physical activity and physical education in schools, recreation leadership, active transportation and social marketing/media.

By joining PACM, you can:

- ✓ Network and share information through a listserv, general meetings, task group and committee work, presentations and media.
- ✓ Help to promote an increase in physical activity in Manitoba.
- ✓ Minimize duplication and support the work and common goals of other organizations.
- ✓ Create a strong, collective voice for physical activity in Manitoba.
- ✓ Encourage community participation and partnerships.
- ✓ Create partnerships that draw from the various strengths and capacities of member organizations.



Membership

Coalition Members *

Aboriginal and Northern Affairs
Active Living Alliance for Canadians with a Disability
Alliance for the Prevention of Chronic Disease
Canadian Cancer Society
Canadian Diabetes Association
Heart and Stroke Foundation of Manitoba
Manitoba Exercise Professionals Association
Manitoba Fitness Council
Manitoba Medical Association
Manitoba Physical Education Teachers Association
Osteoporosis Canada- Manitoba Chapter
Rady Jewish Community Centre
Recreation Connections Manitoba Inc.
Reh-Fit Centre
Resource Conservation Manitoba
Sport Manitoba
University of Manitoba- Faculty of Physical Education & Recreation Studies
University of Winnipeg – Department of Kinesiology & Applied Health
Wellness Institute at Seven Oaks Hospital
Winnipeg Regional Health Authority

* These organizations have signed a “Coalition Agreement”, paid a member fee and are voting members of the Physical Activity Coalition of Manitoba.

Network Members **

Canadian Physiotherapy Association-Manitoba Branch
Canadian Wheat Board
City of Winnipeg Community Services Department
General Council of Winnipeg Community Centres
Manitoba Association of School Trustees
Manitoba Psychological Society
Manitoba Society of Occupational Therapists
Parkland Regional Health Authority

** These organizations participate in the coalition, pay a minimal affiliation fee, provide input into committees and issues but are not voting members of the Physical Activity Coalition of Manitoba.

Government Partners ***

Healthy Child Manitoba
Manitoba Department of Sport
Manitoba Culture Heritage & Tourism – Recreation and Regional Services
Manitoba Education, Citizenship & Youth
Manitoba Health & Healthy Living, Healthy Populations Branch
Public Health Agency of Canada – Manitoba Office

*** These organizations hold ex officio status on PACM committees and can contribute financial support where appropriate.

Summary

- PACM will work collaboratively with health, education, and community leaders based on research, practice and policy to increase physical activity in Manitoba.
- The formation of this coalition is a prime example of how collaborative leadership can build capacity towards chronic disease prevention by addressing physical activity in Manitoba.

For more information on PACM:

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